

# Book 48

(111)

Title: Keeping Fit

- Bismillahirrahmaanirrahimeem

- In The Name of Allah,  
The Entirely Merciful,  
The Especially Merciful

## Text/Matn

1. Keeping fit is a lifestyle.
  2. To keep fit, one must make healthy eating/eating small portions throughout the day into a crystalised habit
  3. One must make keeping fit part of their life and choices, on a momentary, hourly and daily basis
  4. Some of these principles can be applied to almost anything else you see in this life
- wa' Allahu A'lam  
- And Allah knows best  
- Alhamdulillah,